

COMMUNITY LIVING  
Owen Sound and District

# Perspectives



Family Support team. Back row left to right: Sandra McManaman, Cathy Foster. Front row left to right: Meredith McAsh, Brianne Styles.

## Family Support Team Equips Families with Resources, Tools

*Offering help navigating systems*

Whether it's in a time of stress or during a challenging life transition, a team with a unique role has been helping families navigate life since 1980.

Community Living Owen Sound and District offers families

resources from a Family Support team.

Currently, the team encompasses Family Support workers Meredith McAsh, Sandra McManaman, Brianne Styles and Cathy Foster. The manager of Child and Family Services is Leanne Hopkins.

The Family Support team members take time to chat with *Perspectives* about the role of the team and its impact on the families of people who have an intellectual disability.

“Overall, it's to provide families with the resources or tools to empower them to support, plan and advocate for their family member,”

team members say.

“It's to give families a voice and provide them with the tools to navigate the system.”

The team members also help support families as needed during times of stress and through various life transitions. “We're a team that really sits down and listens to them and we follow their lead.”

The connection may be made to the Family Support team by calling Community Living Owen Sound and District.

Team members will

help point family members in the right direction to access the support and/or services they need.

Families benefit from the family-centred approach that's deployed to assist in identifying

their specific needs.

For the Community Living Owen Sound and District employees, being part of the Family Support team is rewarding because of the opportunity it presents to actively listen to a family's story.

“It's also (about) seeing families connect with services and reach the goals that they have identified.

“Seeing families feel empowered and heard and confident” is also fulfilling, they note.

## June 18, 2019 is Infant and Child Development Day in Ontario

Infant and Child Development Services were first established in Ontario in 1974 and known as Infant Stimulation, then later, Infant Development. Now, there are approximately 50 programs in Ontario, one in every county, district and regional municipality. Although all programs adhere to the same guidelines of practice and have a common purpose and goals for the families they serve, the manner in which services are delivered has evolved to meet the specific needs of each community and to complement the range of other services and programs available for families in each

region. Whether, a family receives consultative services, direct and ongoing home visiting, parent coaching, mentoring, advocacy or emotional support, the aim is always to optimize the child's development to help them achieve their fullest potential and to ensure a sense of wellness and belonging in the family and community.

All Infant and Child Development Services provide a range of prevention, early identification, and early intervention supports for families of infants and young children who have a developmental delay or

See 'Infant' on Page 3

## Communication Strategy Committee Update:

Now that the nicer weather is upon us, we would like to invite you to participate in our initiative involving Kindness Rocks. Kindness Rocks are stones painted with pictures, designs and positive sayings to hide for others to find. The goal of Kindness Rocks is to brighten someone's day with a beautiful picture or saying. By including #inclusionrocks on the rocks and/or on social media posts of the rocks, we hope to spread the message of the importance of inclusion. We would like these rocks to appear throughout our community and encourage people to reflect on what it means to be included when they create or find these colourful rocks and read their positive messages. If you would like to participate, please follow these guidelines:

1. Decorate your rock with paint or permanent markers — don't glue anything to a rock that may become litter or eaten by an animal (ie. feathers, glitter,

- tape, or googly eyes.)
2. Share pictures of your rock finds by tagging @communitylivingosd in your photo on Instagram with #inclusionrocks and/or by writing a note on the bottom of the rock. Here is a sample of what this could look like: “Congratulations, you found me! Keep me or hide me again but first, take a picture and share it on Instagram. Tag @communitylivingosd with #inclusionrocks and share your inclusion story.”
3. You can coat your rock with a sealant spray to protect it from the elements
4. Hide your rock in your yard, garden or in the community for others to find!





# Breaking Barriers in Community

Submitted by Kim McCorkindale

People achieving their desire to seek and secure employment in their communities throughout Grey and Bruce counties has been fascinating to witness. The new opportunities of building partnerships, relationships and satisfaction from both the employer and employee continue to reinforce the importance of self-fulfillment, earning a competitive wage (minimum wage or better) and contributing to the work force.

The result of a person-centred approach; involving honing in on one's interests, strengths and skills and matching them with the needs of employers, such businesses as Care Partners, Shoppers Drug Mart and Tim Hortons' have been impressed with the abilities

and work commitment of their new staff, that they have called back looking for more motivated employees!

Seeking prospects; the renovations and development of six apartments at our 1290 3rd Avenue East location initiated an opportunity to approach Graham Design & Construction to consider hiring a young man with ambition, skills and a liking of hands-on work. Kyle not only got hired, but his work agreement was extended beyond the completion of the project. He continues to be successfully employed working on various construction projects.

Jobs on the Shoreline involved introducing the vision of hiring committed, reliable workers. This encouraged local businesses such as Little Black Dog

Catering Company and The Southampton Oil Company to open their doors to young adults entering the workforce.

It is with pride that all levels of our government have embraced inclusion within their workforce: MPP Bill Walker and MP Larry Miller's offices, The City of Owen Sound and the Town of Saugeen Shores continue to provide loyal competitive employment.

When people with disabilities are given fair and equitable access to decent, meaningful work, it not only benefits the person and employer, it is breaking down barriers in our communities.

*If you have a job that needs to be filled, call job developer, Kim McCorkindale at (226) 664-0789 ext. 457 or e-mail [kmccorkindale@comlivos.on.ca](mailto:kmccorkindale@comlivos.on.ca).*

## Dean Meets Captain Kirk

Submitted by Jackie McCartney

Passport funding continues to open doors to entertainment opportunities for Dean. Last spring, Dean was able to use his passport funding towards going to Comic Con in London, Ontario, where he was able to enjoy the festivities of the event and meet the famous William Shatner known for his role as Captain

Kirk on *Star Trek* — one of Dean's favourite movies!

Dean's team, consisting of staff and family, were able to plan this fun day trip based on his interests, and were able to get his ticket expenses and supports covered using his passport funds.

Dean is looking forward to another fun adventure at Comic Con again this year.

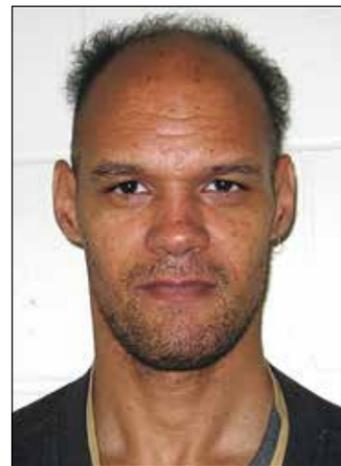
## Athlete Lifetime Achievement Award

We would like to congratulate Wayne Morton on receiving this achievement award.

Please find below the article as featured in the 2018 *Special Olympics Ontario Annual Report*:

Special Olympics athletes regularly demonstrated incredible sportsmanship, work ethic, and leadership. For more than 30 years, Wayne Morton has been an outstanding personification of these values, and has become a tremendous role model and ambassador for the Special Olympics movement.

Wayne is passionate about many sports, and has achieved success at the provincial level in swimming, powerlifting, figure skating, curling, basketball, golf and



Wayne Morton

softball. He has attended four Special Olympics world games, where he medaled in swimming.

Wayne enjoys sharing his gift of sport success, and is always ready to help his teammates improve their skills while emphasizing fun. His fellow athletes respect

him and are enthusiastic learners. Wayne is a natural leader and role model in the Central Bruce community. He has also given back by helping coach younger swimmers, and works at swim meets organized by his local generic sport club, the Port Elgin Breakers Swim Team.

Wayne enjoys being busy and has taken on three part-time jobs. He has also volunteered at numerous local Special Olympics fundraisers over the past 30 years and volunteered for five years on the Central Bruce Special Olympics community council as a representative for his fellow athletes.

Congratulations to Wayne on being presented with the 2018 Athlete Lifetime Achievement Award!

**65th ANNUAL GENERAL MEETING**  
**2019**

**Date and Time:**  
Wednesday, June 19 at 5:00 P.M.

**Location:**  
Community Living Owen Sound Main Office  
769 4<sup>th</sup> Ave East, Owen Sound, ON

**Presentations:**  
Service Awards, Student Bursary, RDSP Awards,  
TD Mayer Community Living Bursary

**Guest Speaker:**  
Jason Cranny, Learning Facilitator, CICE – Georgian College

## The Bruce Shoreline Self Advocates

The Bruce Shoreline Self Advocates group has selected the Bruce County Museum & Cultural Centre as the recipient of their annual donation. The group has purchased a seat in the Bruce County Museum's 108-seat theatre as part of their popular "Have a Seat Campaign" and for their donation will receive an engraved seat plaque on their seat of choice.

"It's exciting that the Bruce Shoreline Self Advocates group has decided to make a donation to the Bruce County Museum's Have a Seat Campaign," said

Maria Canton, Bruce County Museum & Cultural Centre development officer. "The bonus of donating to this campaign is the seat plaque means you can recognize your group, or if it's for an individual you can name them."

The Bruce Shoreline Self

Advocates has seven members who meet every other week at the Community Living office in Port Elgin to discuss issues, ideas and how they can advocate for people with disabilities to help them live their best life.

"We stand up for those who can't speak for themselves," said Terri Johnston, Bruce Shoreline Self Advocates member.



*For more information on the group and the important work they do, please email [bruceshorelineadvocates@gmail.com](mailto:bruceshorelineadvocates@gmail.com).*

Find us on  
**Facebook**

[www.facebook.com/communitylivingowensound](http://www.facebook.com/communitylivingowensound)



## 'Foxy Friend' Fun For All

Submitted by Cathy Foster on behalf of the Family Support Team  
On Saturday March 23, Whimsy by Nikki facilitated a paint experience for some families here at our main

office. Over the course of a few hours, 22 participants of all ages came together to follow the step-by-step directions that allowed them to create their very own 'Foxy Friend' paintings.

Each painting was unique and special, and every artist was proud of their work.  
Thank you Nikki for your assistance in making this event possible.

## Teen Connect

As we go to press for this issue of Perspectives, the Family Support Team is working hard planning for this summer's youth activity program, Teen Connect.

Teen Connect is for youth ages 13 to 21 who have a developmental disability.

The aim of Teen Connect is to provide opportunities for youth to access activities in the community, socialize with others, and try fun, new experiences. Spaces are limited to eight participants per day. A registration fee is charged.



Participants may register for specific days, weeks, or for the entire program. Special Services at Home or Passport funding may be used for registration costs.

For more information call Family Support (519) 371 9251 ext. 233.

## Sex, Safety and Relationships Workshop

Submitted by Katie Little  
This workshop took place in Woodstock, Ontario and was presented to both individuals and support staff. It covered many different topics regarding sex, staying safe when meeting new people or beginning to date, and healthy versus unhealthy relationships, whether it is a friend, family member, or significant other. This workshop was very interactive, with different activities for individuals to participate in. In a group setting, safe places in our community were discussed, where we can meet people for the first time, and places we can go that are safe for a first date.

The workshop included a presentation from the Ontario Provincial Police, where there was an open invitation to ask questions of the officer regarding laws surrounding sexual assault, sexual harassment, cyber bullying, and how to keep ourselves safe when accessing the internet or dating websites.  
Gayle Milne from the Woodstock Health Unit spoke to the group about the services provided by the health unit. Gayle also had a myth and fact activity where attendees discussed the different questions presented and decided whether they believed the information was true or false. Everyone was very involved in the

discussions and actively participated. Gayle also led a discussion on the LGBTQ2 community and explanations of the differences between sexual orientation, gender identity, sexual preference and gender expression.  
The workshop also gave the opportunity for both individuals and supporting staff to have time in separate groups to discuss topics such as consent, healthy versus unhealthy relationships, and some of the barriers, challenges or difficulties support staff may have around the topics of sex and relationships.  
The workshop was very informative and enjoyable to those that attended.



## Sound Advocate Fundraiser

The Sound Advocates are happy to share that their last two fundraisers were a great success! Throughout the summer of 2018, the Sound Advocates held a frozen treat fundraiser at all of the office locations. You could buy Freezies, Fudgesicles, Creamsicles, popsicles and ice cream sandwiches. The ice cream sandwiches were the biggest seller! This initiative raised \$242.50! \$50 of this was generously donated to the Canadian Cancer Society to go towards their Pigs of Hope campaign, which will help with transportation for our local citizens fighting cancer to get to their treatments. The rest of the money was used to purchase the frozen treats and go towards the Sound Advocate group so they can attend conferences/workshops in the future. Many people shared that they really enjoyed having tasty treats available throughout

the hot summer months. It was so successful it may be a fundraiser the Sound Advocates will do again.  
The second fundraiser that the Sound Advocates held was a Christmas Toy Drive. They challenged all of the Community Living Owen Sound office and department locations to team up and try to raise the most money. The winner of the challenge was the Support Pool and Children's Services team. Together they raised the most money, winning by only \$3! In total the fundraiser raised \$181.90 for the Sound Advocates to purchase new toys to donate to the Fire Fighter Toy Drive. The group members enjoyed picking out fun and educational toys for all ages and then dropped the toys off at the Fire Hall. The Sound Advocates enjoyed being able to give back to their community and help local kids have a happy Christmas.

## Artistic Activity Goals Acheived

Submitted by Erica Rooney  
Jen enjoys creative activities, so she was keen to set a goal to try two new artistic activities in her community funded by her passport funds and support workers. Jen connected with local art

instructor Carey Carrick to plan a painting party with three other new friends. They created snowman paintings on an afternoon in January. The group enjoyed this class so much they plan to meet again in the fall to paint

another picture. When Jen got home she made sure to get her dad to put her picture up on the wall in her bedroom.  
Jen also travelled to Blue Mountain, Collingwood in February to the Crock A Doodle pottery store to paint, then kiln, two small pieces of pottery. She picked a small cowboy boot that she painted yellow with purple dots and then a small blue kitten.



Above: Paint class includes Chris Jackson, Carey Carrick, Jen Hammond, Amanda Smit, Jon Morrison. Right: Jen Hammond does pottery.

## Infant and Child Development Day

Continued from front  
who are at risk for delayed development. The delays in development typically arise because of established or biological risk factors, but may be compounded by co-existing psychosocial risks such as an impoverished home environment, parenting or attachment issues or familial mental health concerns.

Infant and Child Development Services  
Community Living Owen Sound provides early intervention home visiting for children from birth to full time school entry throughout Grey and Bruce counties.  
Parents, or anyone with parental consent, may contact (519) 370-0866 ext. 101 to make a referral.

# Have You Heard of Container Baby Syndrome?

Container baby syndrome, while not truly a syndrome, describes a set of symptoms that babies tend to develop when they spend more time in seats, strollers, and similar “containers” than they do anywhere else. Container baby syndrome is a collection of movement, behavior, and other problems caused by a baby spending too much time in any commonly-used piece of infant equipment that resembles a container, such as: car seats, strollers, Bumbo™ seats, bouncy or vibrating chairs, swings, jumpers, exersaucers, or nursing cushions.

Although these containers and equipment are used to help keep the baby safe from accidents, allow parents and caregivers to more easily transport the baby, and give the baby play time, this equipment is also confining, keeping babies from moving

all parts of their bodies. Spending a lot of time lying on the back in a container, for example, allows little to no movement of the baby’s neck, spine, or body. Although some parents believe that leaving the baby in the container or equipment is safer, more convenient, and enjoyable for the baby, this kind of immobilization can actually cause delays in the development of skills like rolling, crawling, and walking. Spending too much time in a “container” can eventually cause problems, such as:

- Flat head. The back or the side of the baby’s head is abnormally flat.
- Facial asymmetry. The sides of the baby’s face may appear unequal as a result of skull deformity and flatness.
- A condition called torticollis. The baby has difficulty turning

the head to one side, or keeping the neck and head straight due to muscle tightness on one side of the neck.

- Decreased movement, strength, and coordination.
- Speech, vision, hearing, and thinking problems.
- Attention deficit hyperactivity disorder.
- Increased weight/obesity.

Difficulties with skills that develop during the first few years of life, such as rolling, sitting, crawling, walking, and speaking are referred to as developmental delays. The number of children with mild developmental delays thought to be associated with spending more time on their backs and less time on their stomachs (called tummy time), has increased since the early 1990s when the anti-sudden infant death syndrome campaign began.

Many parents mistakenly extend the Back to Sleep approach throughout the day, using containers to keep their babies in the “right” position, whether sleeping or awake. Other parents find that keeping the baby in a container for much of the day is convenient, and seems restful for the baby. Because of this positioning, the baby spends less time lying on its tummy, sitting up on its own, and holding its own head up (as it does when it’s being held by a person).

As a result, movement skills are not developed by the baby. The constant pressure on the back of the head while in a container can also lead to a skull deformity called flat head syndrome (plagiocephaly or brachycephaly, depending on where the head is flattened). Since the guidelines to help educate about and help prevent sudden infant death syndrome were introduced, sudden infant death syndrome has decreased by

50 per cent, however reports of container baby syndrome rose to one in seven children by 2008. Some researchers say incidents of container baby syndrome increased 600 per cent in just the years 1992 to 2008. In 2013, a study in Calgary, Alberta, found that in a sample size of 440 healthy babies, 46.6 per cent had plagiocephaly.

## Container Baby Syndrome is 100 Per Cent Preventable

YES — container baby syndrome is 100 per cent preventable! You can ensure optimal development of your baby from day one by following this advice:

- **Limit** your baby’s time in containers, such as car seats and strollers, to only when the baby is actually being transported somewhere.
- **Increase** the time your baby lies on the tummy when awake (with adult supervision).
- **Hold** your baby in your arms or a sling for short periods of time throughout the day, instead of just leaving your baby in a container.
- **Allow** your baby to frequently play on a blanket on the floor — on the tummy or the back, but outside of a container — with adult supervision.

An opportunity for play, everyday, in the tummy position is integral to a baby’s development. Tummy time strengthens muscles of the neck and trunk, promotes and maintains a rounded skull shape, and fosters the development of movements and coordination.

Parents, family members, or daycare providers may be the first to notice that the baby is not fully turning its head or moving its body

very much. They may also notice that the baby’s head is becoming flattened on the back or on one side, or stays tilted to one side. If you see these types of problems, please contact your doctor or nurse practitioner, Infant and Child Development Services, Public Health, Cradlelink or an Early ON program in your community. Any of the above will assist you to look for the signs and symptoms of common container baby syndrome problems, such as:

- **Delayed movement and skills.** The baby may not be able to roll, sit up, crawl, or, when on the tummy, lift the head or reach with the arms in a way expected for the baby’s age.
- **Vision or hearing problems.** The baby may show a delay in the development of vision or hearing skills, such as following moving objects with the eyes and seeing toys from different distances.
- **Delayed thinking abilities.** The baby may have delayed development in problem-solving, in understanding their surroundings, and with language skills.

The Children’s Services team at Community Living Owen Sound and District provide early intervention services and supports in family homes and licensed child care programs for children presenting with special needs or at risk of developmental delays. If you have questions about any area of your child’s development, call us at (519) 370-0866.

Early intervention will make a difference!

Reference:  
[www.moveforwardpt.com](http://www.moveforwardpt.com)

For additional information search “container baby syndrome” at [www.moms.com](http://www.moms.com).



Left to right: Thomas T., Ken B., Martin K., Brandon C. (Photo credit: The Woodworking Group).

## Woodworking Activity

Submitted by The Woodworking Group

Woodworking is a long-standing activity that began approximately eight years ago and has been running ever since. This group is partnered with the Sydenham Sportsman’s Association under the direction of our long-standing volunteer and Sportsman’s Association Member, Bob Hunt, who we have affectionally dubbed “Bob the Builder.” Together we have constructed over 600 colourful bumble bee

boxes and birdhouses for the Sportsman’s Association which are placed all over Grey and Bruce Counties, an accomplishment we are proud of! Woodworking is an opportunity for people to learn to work within a team, learn how to use basic woodworking tools and develop one’s self confidence when they complete their own birdhouse for the first time. Oh yes, did we mention, have fun and making new friends! Check us out!

### PERSPECTIVES PURPOSE:

Perspectives promotes acceptance of people with different abilities in our community. We celebrate successes and embrace new ideas, approaches and opportunities.

#### Editorial Team:

Lorraine St.Germain, Cathy Foster, Vicki Reevey, Melissa MacArthur and Heather Thomson

Photographer: Charles Cottrell Executive Director: Rick Hill

We encourage readers to use the newsletter for new ideas, contacts, websites and resources. Perspectives welcomes comments, contributions of articles or questions.

[www.communitylivingowensound.ca](http://www.communitylivingowensound.ca)

When you make a financial contribution to the Foundation for Community Living Owen Sound and District, you will make a difference in the lives of those you care about today and in the years to come. Consider making your donation today.

For more information and/or to make a donation, please contact the Foundation of Community Living Owen Sound and District at 519-371-9251.



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Association Membership applications are available from our office.